

Fall/Winter 2023

MultiCare 

FOUNDATIONS

JOURNAL



Volunteers & donors are changing patients' lives one book at a time, pg. 4

Dear friends,

I hope this letter finds you in good health and positive spirits. This issue of our fall/winter Journal is filled with stories to remind us that even when the events of the world can feel uncertain, the spirit of human generosity across our communities is thriving.

Our cover features Addy Muse, a senior at Stadium High School volunteering with our “Books on Wheels” program at MultiCare Tacoma General Hospital, which provides patients with books, games and a sympathetic ear. Addy is not the only one donating her time to MultiCare: I’m pleased to report that we’re seeing a surge in volunteers across our health system. Since the height of the pandemic, we have doubled the number of MultiCare volunteers and seen an increase in students with a passion for volunteerism. We deeply appreciate them!

In this issue, you’ll read about donor-supported programs like Helping Hands, a popular cause helping patients with transportation, meals and other barriers that might prevent them from accessing care.

Thanks in part to the generosity of donors like you, 2023 has also seen the expansion of vital health services across our network:

- Construction is now underway on a brand new MultiCare Mary Bridge Children’s Hospital in Tacoma, while new Mary Bridge clinics continue to open, expanding care to young people across 13 cities throughout the state.
- In Olympia, over 200 community leaders, providers, patients and donors turned out in July for the grand opening of MultiCare Capital Women’s Integrated Primary Care. Demand has been steady ever since.
- In Spokane, MultiCare has partnered with the Northeast Community Center to open MultiCare Behavioral Health Northeast Spokane, bringing urgently needed mental health support and services to the community in an accessible location.

It’s a privilege and joy to see the impact donors and volunteers like you make every day in the lives of patients, health care providers and the communities we serve.

On behalf of everyone here at MultiCare Foundations, thank you for your generosity.



Wishing you a safe and joyous holiday season,

A handwritten signature in blue ink that reads "Dori Young".

Dori Young, Vice President ~ MultiCare Foundations

For more than 30 years, Toys for Kids has worked directly with social workers at MultiCare Mary Bridge Children's Hospital to identify families of chronically ill children who need a little help around the holidays.

Your support of this annual tradition will fund gifts and bring cheer to Mary Bridge Children's patients and their loved ones.

Scan to learn more:



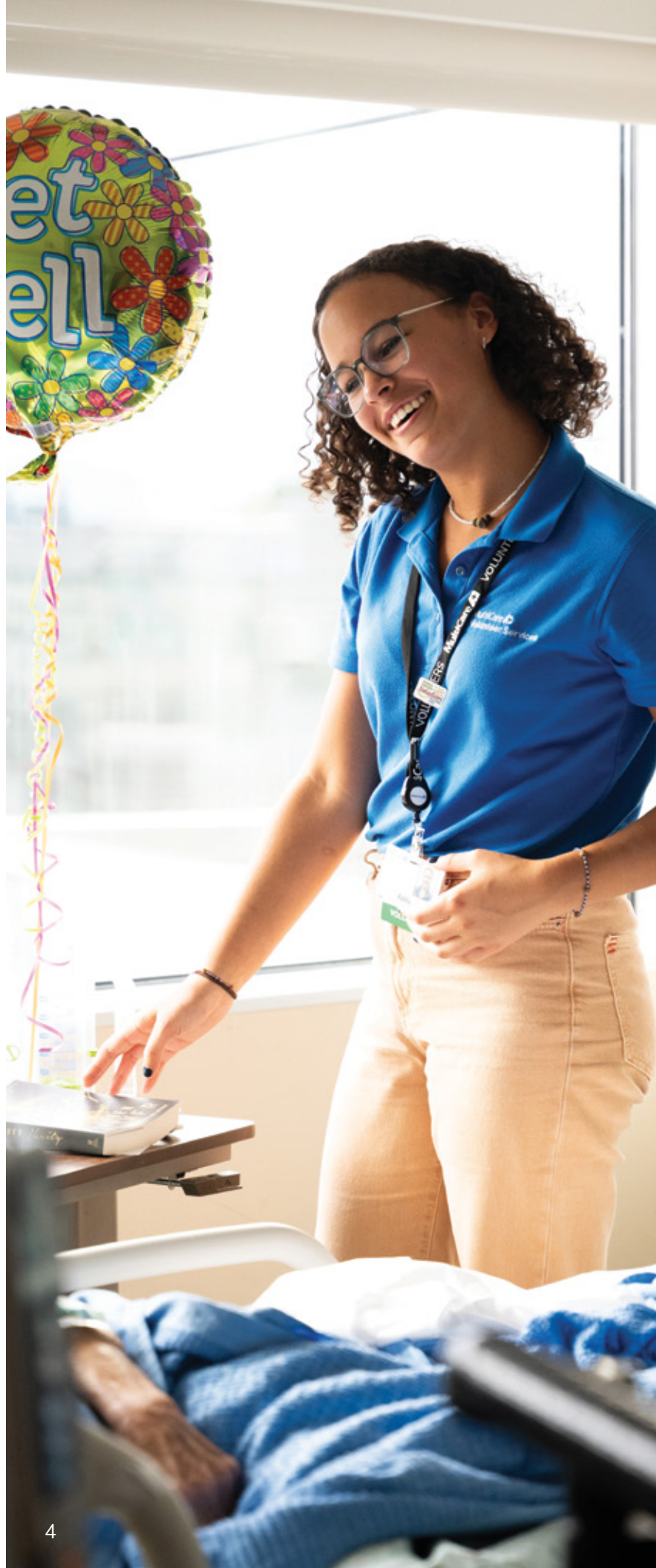
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Books on Wheels program combats social isolation with help from donors and volunteers

Reading can be a fun way to pass the time, but did you know it can also be good for your physical and emotional health? According to a study conducted by the University of Sussex in the United Kingdom, reading can reduce stress levels by as much as 68 percent. Another study by Yale University School of Public Health reports the activity can increase your lifespan.

Thanks to the generosity of MultiCare Health Foundation donors, Tacoma-based bookstore King's Books and MultiCare Volunteer Services, these benefits are being brought to MultiCare Tacoma General (TG) Hospital medical oncology patients through the TG Books on Wheels program.





High school senior Addy Muse is a Books on Wheels volunteer. Her shift consists of pushing the book cart through the hospital halls and interacting with patients.

“I’ll go into a patient’s room, and I’ll offer them an activity book or a novel; they just light up, and they get so excited,” Addy says. “As I continue to do my rounds, I can walk past and see them getting started with their novel. You can tell that it just has really elevated their experience that day.”

After only a few shifts, Addy discovered this program’s reach extends beyond simply offering an activity during long hospital stays. Her role also helps with the isolation experienced in these situations — a responsibility she doesn’t take lightly.

“I do make casual conversations, but when patients put out that little feeler, and they start chatting, it’s my favorite part of the job,” Addy explains. “I remember one day, I met this older woman, and I could tell she had been restless. She just started chatting away, and I learned so much about her life. By the end of our conversation, she told me, ‘You’ve really brightened my mindset and renewed that sense of optimism I have.’ And she thanked me for listening to her and for speaking with her and engaging with her. I loved that day.”

The nurse manager for the unit Addy works with, Angelique Banton, has heard nothing but positive comments from staff and patients. Her hope is that this impactful program can expand to other units at Tacoma General.

“It really is such a great way to make the whole healing process go so much more smoothly,” Addy says. “I think it’s kind of like the butterfly effect. It’s not just about the patient who gets the book. It’s about the patient who gets the book, and it makes them have a little more optimism or a little more hope and get through their recovery a little better. This also helps their doctor, helps their nurses and it makes that whole process so much easier.”

Support our volunteer program by scanning here:





Q&A: Donor-powered intensive day program serves Puget Sound teens

MultiCare Behavioral Health's intensive adolescent day program opened in August, offering participants six weeks of psychiatrist oversight combined with group, individual and family therapies. This approach helps prevent teens from reaching a behavioral health crisis point. We sat down with the program's medical director and psychiatrist, Lucas McIntyre, MD, to learn more.



How would you describe the adolescent day program?

Dr. McIntyre: From my clinical experience, we're in desperate need of programs like this that serve a preventive function. The adolescent Partial Hospitalization Program (PHP) is an opportunity for youth struggling with depression, self-harm behaviors, chronic suicidality or emotional dysregulation to spend 25 hours per week gaining skills to tolerate distress, regulate their emotions and improve the ways they interact with their family, peers and the community.

Specifically, we're using a dialectical behavior therapy model, which focuses on the combination of acceptance and validation, along with change. It's accepting kids where they are, but also recognizing they can get better, and they can do better. The model pulls from both cognitive behavioral therapy and Zen traditions, particularly mindfulness, to help decrease suicidality and urges for self-harm, while increasing motivation for living.

How has everything been going since the August opening?

Dr. McIntyre: Things have been going well. We've had 19 referrals, seven enrollments and two successful graduates of the program. To date, we've made more than 100 connections with community partners.

What impact have you and your team already had?

Dr. McIntyre: Participants have been providing positive feedback. Adolescents report increased skill usage and decreased distress, and parents report increased satisfaction with behavioral health services and greater knowledge about their teens' mental health. We've also prevented at least two inpatient psychiatric hospitalizations.

What's your ultimate vision for PHP?

Dr. McIntyre: It would be great to expand the program in terms of the type of PHP that's provided, such as focusing on anxiety, obsessive-compulsive disorder or first episode psychosis. I'd love to more easily serve our patients from Pierce County, as well. I'm interested in seeing if we could get a shuttle service from Tacoma up to Burien to overcome the limiting factor of transportation.

What role did community generosity play, and what message do you have for future donors?

Dr. McIntyre: We used MultiCare Behavioral Health Foundation funds for some of the program's capital expenses like security cameras, which are really important for safety. Foundation funding has additionally helped provide gas cards to families, lessening transportation barriers.

For me, a donation is an investment in our community. For so many adolescents, they're struggling with depression, anxiety. By helping them get through a rough patch, so many of them become stronger and more resilient.

We're helping people not only live engaged lives, but there's also the pure human aspect of helping alleviate somebody else's suffering and bringing a little joy.

Increase access to youth behavioral health care by scanning here:



Building world-class care for kids

The long-awaited construction of the new MultiCare Mary Bridge Children's campus is underway. The hospital and ambulatory building are slated to open in early 2026.

Major highlights:

- The new Mary Bridge Children's Hospital campus will be anchored at the corner of Martin Luther King Jr. Way and Division Avenue.
- Two new parking structures for staff, patients and visitors will increase parking access on campus.
- Dedicated pediatric services will be available in a space designed to meet kids' needs.



96 total beds
(82 built out and
14 shelled for
future growth)



Eight operating rooms (including
two shelled ORs); one pediatric
cardiac catheterization/
interventional radiology and two
endoscopy suites



**26 emergency
department exam
rooms** including eight
reduced risk rooms



**Diagnostic
imaging**

New ambulatory building featuring:



**Pediatric
urgent care**



**Specialty
clinic space**



**Behavioral health
crisis assessment
and triage**



Transform health care for children in the Puget Sound region and beyond by scanning here:





 Kids deserve the best, so we're building them the best.



Donor funds empower family, create time and space for healing

Brave. Happy. Resilient. Tough. These are words often used to describe patients at MultiCare Mary Bridge Children's Hospital & Health Network. These words are also a perfect match for brothers Mi'Kai and Mi'Kah, according to their mom Seantaila.

Two diagnoses, one medical home

Both brothers were introduced to their Mary Bridge Children's care teams via ambulance rides. At barely 6 months old, Mi'Kah began receiving care for life-threatening asthma attacks. Mi'Kai became a Mary Bridge Children's patient due to a leukemia diagnosis.

"When I first met Mi'Kai, he was in the pediatric intensive care unit (PICU)," Mary Bridge Children's social worker Valaree Schelhammer says. "He had multisystem organ failure, was intubated and on oxygen. I remember his mom prayed for him every day. She drew pictures for him, which she posted in his hospital room. She talked to him a lot, although he couldn't respond. She had a lot of faith he would wake up and that all the prayers and positive energy she surrounded him with would help. She was right."

After making a miraculous recovery, Mi'Kai began cancer treatment and will likely need continued treatment and maintenance chemotherapy until he's 8.

Both boys see the hospital as a safe space despite what they've been through and particularly love the welcome distraction of playing with their child life specialists and the video games they bring in.

"Mary Bridge Children's makes us feel like we were part of a family — they know us when we walk into the cafeteria; they know my sons when they walk into their room," Seantaila says. "It's nice, and it's important to be known, especially when something traumatic like this happens."

Support during a serious illness

When meeting the demands of cancer treatment — including hospital stays, chemotherapy appointments, surgeries and more — a cancer diagnosis can affect a family emotionally, physically and financially.

The Mary Bridge Children's Foundation created the Helping Hands fund to ensure that children and their families' basic needs are met throughout treatment. The fund helps with things like prescription co-pays, transportation and medical equipment. Over the course of Mi'Kai's three-year-long cancer journey, the fund has helped with things like moving fees, utilities and even bought a mini fridge when the family's refrigerator broke.

"It's important to have funds like Helping Hands to help families like Seantaila's because no one knows or can predict when a life-changing diagnosis can happen," Valaree says. "There are so many costs associated with long admissions like Mi'Kai's, including gas and food. While parents are at bedside hoping and praying that their children recover, they can't work, and bills keep coming. I truly believe that the assistance Seantaila received from Helping Hands put her in the position she is in today to



have her own car and get a job to provide for her family.”

According to Seantaila, the fund empowered the family to focus on the health of both boys.

“Having this support meant one less thing I had to worry about,” Seantaila says. “As a family, when something like this happens, we just have to figure it out. It was nice to have someone to turn to.”

On the road to healing

Although working through health issues is tough at any age, Mi’Kai and Mi’Kah have a special gift of taking everything in stride and smiling through it all.

“I’m proud of both of my boys, their resilience and their joy,” Seantaila says. “Especially Mi’Kai — he’s so happy despite what he’s been through. He couldn’t walk for three months; he had to relearn how to talk. He must explain the tube in his stomach to children and adults who approach him, and he answers happily and with so much knowledge. I’m proud of both Mi’Kah and Mi’Kai for speaking up for themselves and still loving life.”



Help families overcome barriers to care by scanning here:



Facing a cancer diagnosis with the help of community generosity

Marta Meek can personally attest to the fact that there's never a good time to get cancer — news of her lung cancer diagnosis came in the middle of a move from Texas to Ellensburg.

The stress of this cross-country move — coupled with the need for treatment 40 minutes away at MultiCare Cancer Center - North Star Lodge — weighed heavily on Marta. Her treatment plan included five days of radiation therapy and one day of chemotherapy every week. The cost of transportation for these appointments alone seemed insurmountable, especially because her husband couldn't take time off, having just started a new job. That's when patient advocate Megan Hereth told Marta about the Memorial Foundation's Patient Assistance fund.

Every month, the fund assists patients with emergent financial needs that could otherwise stand in the way of their oncology care.

"This fund is important to our patients, as it allows them to receive gas vouchers for coming 25-plus miles one way for an appointment," Megan says. "This fund also assists with utility, power, water, sewer or garbage bills during their active treatments. During this time, it's extremely important for patients to have water and power. It would be a great hardship to have either of them shut off."

For Marta, the fund provides support in the form of gift cards, which she uses on a taxi service to travel to and from doctor's visits.

With the burden of transportation expenses lifted, she can focus solely on getting better as she embarks on her lung cancer journey.

"To be quite frank, without access to these cards, I would have been faced with the difficult choice between affording care and fighting my cancer diagnosis," Marta explains.

Thanks to Memorial Foundation donors whose generosity powers the Patient Assistance fund, she doesn't have to make this impossible decision. With tears in her eyes, Marta expresses her sincere gratitude and pledges that after she beats cancer, she'll be first in line to champion the cause.

Help Yakima County and Central Washington cancer patients focus on healing by scanning here:





Support the future of care in your community with a gift through your will or other legacy gift.

The legacy you leave behind will improve health and healing locally and for generations to come.

Learn more by visiting multicarelegacy.org or scanning here:



Emergency department closet offers fresh clothes and a dignified discharge

During a traumatic medical event, it's common for a patient's clothes to be damaged, soiled or discarded. The last thing patients need to think about during an emergency is washing or replacing these items, which is why several nurses created the MultiCare Capital Medical Center (Capital Medical) Emergency Department (ED) closet.

"Before joining MultiCare, we'd donate nice clothes we didn't wear anymore to the ED," Capital Medical's director for operations and nursing Casey Rieland, RN, says. "We set up a random office as a closet where we'd put these clothes and just grab them when they were needed."

In 2021, Capital Medical joined the MultiCare network, becoming a nonprofit for the first time in the hospital's history. With this move, generous community donations through MultiCare Capital Foundation empowered Capital Medical's staff to finance the closet using the Helping Hands fund.

Powered by MultiCare Foundations donors, the Helping Hands fund allows social workers and personal health partners or other care team members to immediately address barriers to care for patients. Contributions help fund costs that aren't covered by insurance, such as prescription copays, transportation needs or medical equipment that may prevent patients from healing, causing them to be readmitted to the hospital. At Capital Medical, staff utilize Helping Hands to provide patients with clean clothes and shoes when needed and support the existing closet.

"I've heard many times from staff that patients are very appreciative of these items," says Adam Golden, clinical assistant nurse manager of emergency services. "It helps by giving a patient — especially





those in vulnerable populations — pride in having a new pair of clothes and footwear. We help set them up for success, especially during the winter months.”

According to a report by NPR affiliate KUOW, as of January 2023, there were nearly 750 houseless individuals in Thurston County on any given night — people who might need care and a fresh shirt after an ED visit.

“When people see a sign with the letter ‘H,’ they know it stands for hospital, and it also is a safe place for them to come even if it’s just for a sandwich or dry new clothes,” Adam says. “This helps prove to them that they’re seen as a person, not just a body or number with a disease or condition. We’re all people serving people of our community.”

Address patients’ needs through medical care, compassion and support by scanning here:



With donor support, behavioral health access grows in NE Spokane

In Northeast Spokane sits a hub for community resources. The Northeast Community Center (NECC) provides access to childcare, a senior center, financial and employment assistance, food security, doctors, dentists, a pharmacy and many other services.

With generous donations through MultiCare Inland Northwest Foundation and other stakeholders' contributions, NECC was able to add another critical resource: MultiCare Behavioral Health Northeast Spokane. The clinic opened October 4, 2023, in the Hillyard neighborhood.

"The neighborhood doesn't have a lot of access points for behavioral health," says Samantha Clark, MHA, assistant vice president for strategy and business development, MultiCare Behavioral Health. "This is exciting to get them something that is a one-stop shop at NECC ... and for many people, on the bus line they already take."

According to Samantha, health care often demands patients come to providers, but transportation can be a significant barrier to receiving care. With this new clinic, they're meeting patients where they are.

Take Shaw Middle School students who seek mental health support outside of school for example. Funding from the city of Spokane covered road quieting work on the street between the clinic and the school, making it safer and easier for students to cross the street to attend appointments.

"A kid being able to get excused and walk to therapy is incredible," Samantha says. "This is giving us an incredible opportunity to see what accessible mental health care does for the mental health of kids."

Along with youth, Northeast Spokane's large immigrant and refugee population, families facing extreme economic hardship and other underserved individuals will benefit from improved access.





Once fully staffed, the clinic will employ more than 20 outpatient behavioral health providers, therapists and peer counselors to serve all age groups. They'll share 21 office spaces; six virtual hubs for telehealth appointments; three group rooms for family, group or play sessions; and a 40-person room for group training and events.

Over time, Samantha hopes to add medication management, substance use programming and walk-in availability.

Support mental health programs and services for all ages by scanning here:





At this year's Rock the Foundation fundraising event, attendees raised funds to support MultiCare cancer care programs and services. During the program, guests met Hannah Perry, gardener, baker, stay-at-home mom and cancer survivor.

Watch Hannah's story by scanning here:



MultiCare 
C breast health walk **ME WALK**
WITH me 



Approximately 1,500 walkers donned their pinkest attire and hit the streets of Sumner to champion MultiCare Good Samaritan Hospital breast health programs and the Good Samaritan Cancer Resource Center.

Watch snippets of Pierce County's pinkest walk by scanning here:





MultiCare Foundations EVENTS

2023

Festival of Trees | December 1 & 2, 2023

South Sound's happiest holiday celebration.

Proceeds helped expand access to care for children and families at MultiCare Mary Bridge Children's Hospital.

2023 PRESENTING SPONSORS: Amerigroup, E9 Brewing Co., John L. Scott Foundation, Tom and Meg Names Family Foundation & Trouvés Health Care Corporation

festivaloftreestacoma.org



2024

YouthWorks Pageants | January-April 2024

YouthWorks is a partnership between the Memorial Foundation and local high schools providing philanthropy education, input on youth health care programs and fundraising opportunities to support the Foundation's four health care initiatives. The program engages youth directly through mentoring, volunteering and philanthropy.

memfound.org

Heart Strings | April 26, 2024

MultiCare Inland Northwest Foundation's one-of-a-kind concert and fundraising event benefiting behavioral health care.

2023 PRESENTING SPONSOR: Radia

multicareheartstrings.org



Changing Minds | May 2024

Sustain and expand MultiCare Behavioral Health programs and services.

2023 PRESENTING SPONSORS: Amerigroup & Wright Hotels, Inc.

multicare.org/changing-minds

Passion for the Village | May 10, 2024

The Memorial Foundation's Passion for the Village is an annual dinner auction in support of Children's Village programs and services. Being a place where children with special needs are children first and are defined by their unique qualities, talents and potential — not their diagnosis — Children's Village is a true gift to the community.

memfound.org



Corks & Crush | May 18, 2024

Join MultiCare Good Samaritan Foundation for an evening of wine tasting and fundraising.

2023 PRESENTING SPONSORS: Amerigroup, Howard S. Wright & Old Cannery Furniture Warehouse

corksandcrush.org

GIVE.MULTICARE.ORG/EVENTS

MultiCare Foundations

MultiCare Health System

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December brings some of the darkest days of the year. But your kindness and caring reflected in the stories within are like a brilliant winter sunset — bright, clear and full of hope. Thank you for helping crystalize our focus on positive change through your wholehearted giving.

**Wishing you light-filled
holidays and a luminous 2024!**